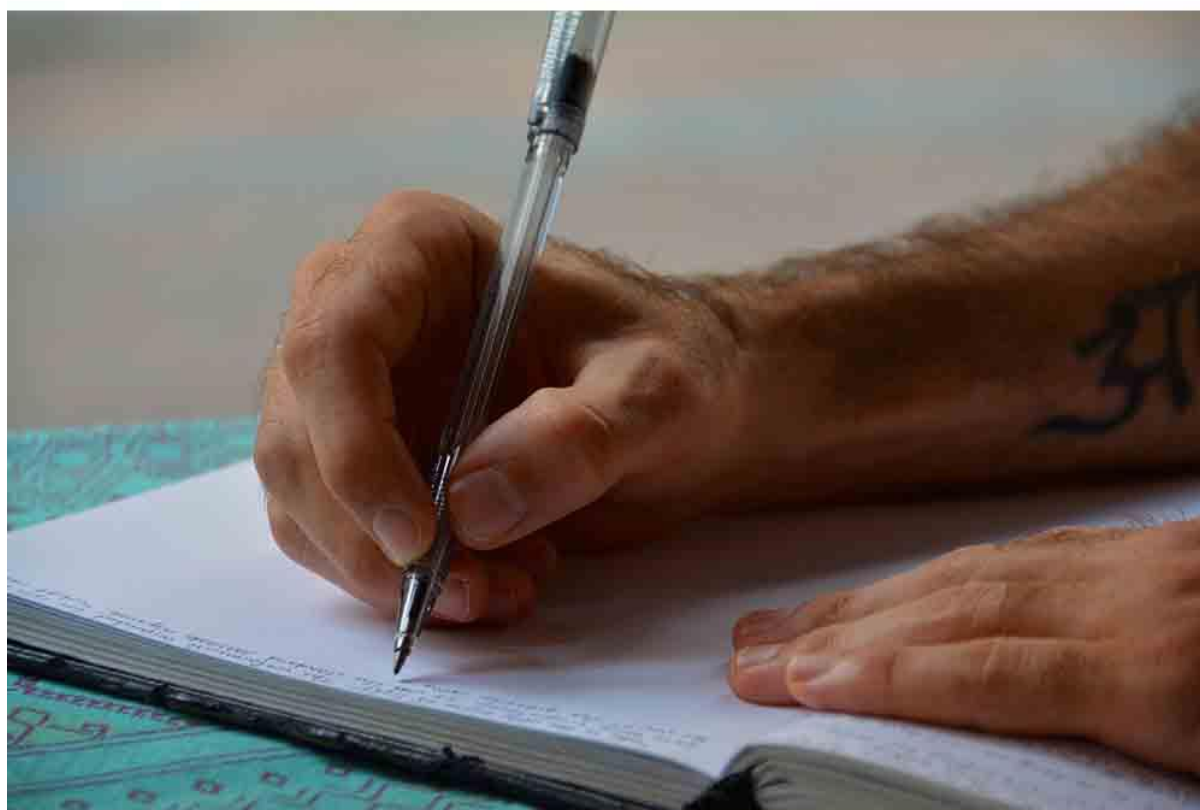


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The Wheel of Personal Life in Gaur Gopal Das' *Life's Amazing Secrets: How to Find Balance and Purpose in Your Life*

Abstract

Gaur Gopal Das' *Life's Amazing Secrets: How to Find Balance and Purpose in Your Life* is a spiritual guide that helps us to cover a large area of conquering the inner battle of Life. Many of us know Gaur Gopal Das by being an International Life Coach through his amazing oratory through youtube video clips. His book *Life's Amazing Secrets: How to Find Balance and Purpose in Your Life* reached the pinnacle of aspiration and buoyancy through great heights. This first wheel named "Personal Life" out of four wheels is described in details in this research paper. The Wheel of "Personal Life" gives a stimulus to various people around the globe to focus more on the self. The spiritual outlook provides an invisible fragrance through both the conversation of Gaur Gopal Prabhu and Hari. It helps us to conquer the turbulent and unsteady mind through spiritual outlook. Through the meticulous display of wit and clarity, Gaur Gopal's poured out his heart that reaches every nook and corner of the readers' soul to find balance and purpose in one's life.

Keywords: oratory, wheel, mind, Personal life and spiritual outlook

Life's Amazing Secrets: How to Find Balance and Purpose in Your Life by Gaur

Gopal Das describes the experience of people's lives and help them to grow through it with gusto and strength. After having the wonderful lunch from the family of Hariprasad and Lalitya Iyer in Worli, Gaur Gopal Das was about to reach his Chowpatty ashram in Mumbai. On the journey by Lexus Car, Hariprasad and Das had encountered a traffic jam on the busy streets of Mumbai. During this jam, Hariprasad's mind was playing with different frequencies of guilts and worries. Gaur Gopal Das by his indomitable spiritual traditions tried to rescue Hariprasad's mind with hope and determination through four wheels of Lives namely the Wheels of Personal Life, Relationships, Work Life and Social Contribution.

In the first Wheel of "Personal Life", Gaur Gopal Das has described four chapters – "Growing through Gratitude, Press Pause, Why Worry, Spiritual Practice. Each of the chapters begins with a quotation by different eminent personalities. In each of the chapters, Das echoed the element of spirituality and gentility in order to conquer the unbalanced and unsteady minds. It provides food for thought for any individuals to start growing through life rather than going through life.

In the first chapter of Wheel 1 of "Personal Life", "Growing through Gratitude", Gopal Das dexterously spoke about the "traffic of the mind". The human mind brings out the impulses of cognition that results in thinking and language. He even said that the beauty of the human mind helps us to "*perceive the world*"(24). He even gave an instance of sunglass by describing that we "*don't see things as they are, we see things as we are.*" (24) Generally, when we wear a sunglass we try to perceive the world according to its lenses and reflections. It is that effect of the lenses in the sunglasses that take our perception to a new degree. The vision of our perception of the world completely changes accordingly. In reality, things remain as it is.

When people consume negative vibrations on their mind, they lose the vision of perceiving the optimistic things in their life. They also lose the ability to see the beauty of images that can be darkened by negativity. One must not neglect the negativity, all of a sudden. One must deal with the negative situations with sensitivity and pristine care and focus on the positive vibe in the negativity.

Radhanath Swami, a guide and activist, in a discussion on Material World, penned his ideas with beauty and charms:-

Do not take this material world so seriously because it is always changing.
Something terrible that we take so seriously today is going to change
tomorrow.

One must keep their hearts, thoughts, minds and consciousness open to learning. Sometimes one's mind can be like an image of a human's tongue. One must focus wholeheartedly on gratitude. By gratitude, Das gave an idea within two steps.

In the first step, one must bear in mind that there is definitely the good forces present in the world. This good forces or positive forces help us to highlight the element of goodness in the threshold of negativity. We need to focus on the good things that are taking place in our lives on a regular basis. This good thing gives us an inner delight of tranquillity that can burst the hidden cylinders of pessimism and negativity.

In the second step, Gaur Gopal Das highlights the fact that there is the element of goodness that emanates from external reality. This external reality provides "*the gifts of grace to our own very reality*" (29). The hidden gifts are the realities of our life and can be described as our members of our families, our friends, Mother Nature and also the Lord itself. We must focus on the positive and deal with the negative.

Health benefits can also take part in the core element of goodness. It can also sort out of our physical and mental health, kindness, feeling of warmth and cheerfulness. “Gratitude is the attitude which gives us the fortitude to deal with the toughest challenges in our lives.”

In the chapter ‘Press Pause’, Gaur Gopal Das moved another step by declaring the fact that one must prioritize gratitude. In one of his YouTube video clips Lessons from Chess Part 4, he described the fact that

When an arrow is shot, it is pulled backwards. Moving backwards is not a sign of weakness or cowardice. We press the pause button not because we want to pause. We press the pause button only to press the play option. When we play the press button we come back with double the impact so as to achieve what we want to achieve in our lives.

Similarly in *Life's Amazing Secrets: How to Find Balance and Purpose in Life* he described the episode of Joshua Bell, Prioritize and Practice Gratitude, Gratitude Log and Exercise. In all the subchapters, he said that sometimes we need to learn how to pause at times. He even trained the individual’s muscle of the mind by practising gratitude. One must say ‘Thank You’ and mean it and value that particular word. The individual must *recognize, remember and reciprocate* (42) the feeling and gets rewarded with the price of commitment and consistency. One must at times restart their lives in silence and take the ability to contemplate our minds. This gives an inner fuel of gratitude that experiences peace of mind. Through the Gratitude Log, one can climb to such heights that one could not have dared to. It helps us to go with the flow to climb its branches and reach the pinnacle of excellence. Somehow to prioritize our time we must write a *gratitude log daily*(45) and exercise its presence.

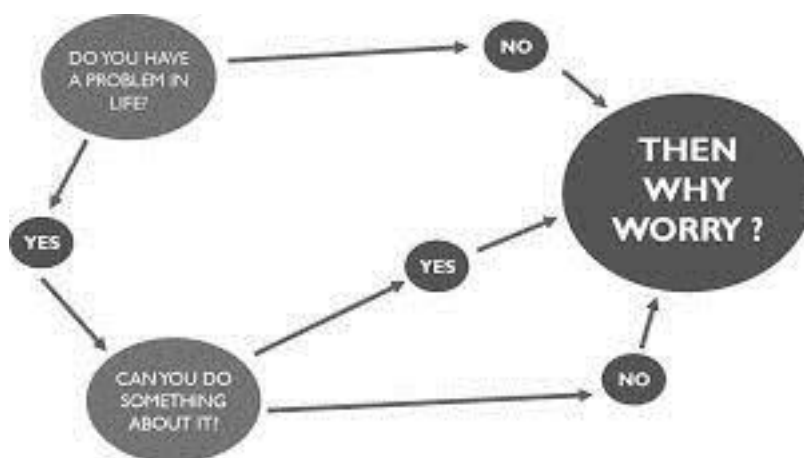
In the words of Leo Buscaglia, “Worry never robs tomorrow of its sorrow, it only saps today of its joy.” (47)

In the chapter ‘Why Worry’, Gaur Gopal Das describes the element of worry in the juiciest details. Once, in a Prerna video lecture, he cracked a joke about an Indian spiritual, religious leader and that message went viral under wrong hands and it became viral.

One very spiritual man, a guru in India, his ten-years savings were Rs 238 crore ... only. Another man, a spiritual, religious leader, his ten-year savings were Rs 1177 crore only. And yet another man, again a religious leader, his savings were Rs 400 crore only! ... Choose your career wisely (49-50)

This message was shot in a video clip and it is brought uproarious laughter and humour towards the audience. It does not represent any ill repute to any of the spiritual leaders. It was said only in an impulse to entertain the crowd. However, people have taken the wrong notion on his video clips and misinterpreted his message.

Das wanted to teach a big lesson and focus on “earning at the expense of our learning in our professional lives.” (50) He wanted to teach the higher philosophy of Life through his selfless life lessons to help every innocent soul of all generations. The viral messages came with a flow to bring tremendous depression and increase of blood pressure to Das as time passed on. He received a flowchart entitled: “Why Worry” and it brought an immense peace of mind within himself. Das described the infographic flowchart to Harry.



Infographic flowchart of Why Worry? in *Life's Amazing Secrets: How to Find Balance and Purpose in Your Life* (52)

After the sudden exit of India in the first round of World Cup Cricket in the year 2007, Mahendra Singh Dhoni and his teammates after returning to Delhi were chased by media persons with cameras and big lights on the tops. They were guarded by police officers and were also kept under police custody for their safety and security. Later they were departed to their respective vehicles for their homes. Mahendra Singh Dhoni after such an uninviting proposal from some of the citizens kept his composure and channelized the aggression to become a better and improved cricketer and a wonderful human being. He did not worry after experiencing such a worst scenario in his cricketing career. In spite of undergoing such excruciating pain, he led a captain's role in both 2007 ICC Cricket World T20 tournament and 2011 ICC Cricket World Cup. Recalling the beauty of this incident, one may refer to a video lecture "NO CHALLENGES, NO SUCCESS" of Gaur Gopal over which he said,

Great people do not CRY, they TRY to rebuild their dreams.

Great people do not GIVE UP, they LIVE UP to the challenges that LIFE

throws at them. They start all over again with Great HOPE,

DETERMINATION And GRIT And That Is Why They Reach The Highest
Peaks Of SUCCESS That Most People Only Aspire For.

NO CHALLENGES, NO
SUCCESS. KNOW CHALLENGES,
KNOW SUCCESS.

During The Helpless Hours Of Despondency, One Must Learn To Detach Ourselves From such situations that provide a hindrance from our personal growth. Regardless of whatever situations, the human being is destined to, one must always reply by saying, "WHY TO WORRY!" Unless we do not possess spiritual strength, we cannot come out from the mental loop and transform ourselves into a better and update person.

In the words of Norman Vincent Peale in *The Power of Positive Thinking*, ‘How to Break the Worry Habit’ “Worry is just a very bad mental habit. And I can change ant habit with God’s help.” (117)

In the chapter ‘Spiritual Practice’, Gaur Gopal Das dexterously opens with the lines of Thich Nhat Hanh which speaks forward that

Meditation can help us embrace our worries, our fear, our anger; and that is very healing. We let our own natural capacity of healing to do the work. (55)

By this line, Gaur Gopal Das ignites the hidden roads and paths towards spiritual freedom. It leads to the foundational stone or ethics about devotional service to Paramatman. By the invulnerable power and wisdom of meditation, the being can get rid of tensions, troubles, difficulties and anger through the nook and corner of our soul. It brings a spiritual exhilaration of faith and hope.

Das’ philosophy of conquering the inner space of the human mind can somewhat relate to Aurobindo’s philosophy of meditation. According to Aurobindo, meditation is nothing but the concentration of human minds on a particular thought that works on a particular subject. Both meditation and contemplation are different forms of *dhyanā* that helps to curb the turbulent and disturbing mind.

Gaur Gopal in order to practice *sadhana* or spiritual practice, the being has to experience three kinds of connections namely *Outside ourselves, Inside ourselves and Above ourselves*.

In the first kind of connections, *Outside ourselves*, we human beings spend tremendously in the world that connects us outside our inner sense. By this, Gaur Gopal discussed the world of “*networking, relationship, our work*. (56). We subconsciously miss out those things that help our inner world. We are boomeranged by all those negative feelings that deter us to live an out of balance lifestyle.

In the second kind of connections, *Inside ourselves*, there are some golden souls those who would like to take a journey into the inner world of human beings. These sort of individuals struggle with the external worlds and take its solace towards the insight journey of Life. They would like to do anything to discover their spiritual journey within.

In the third kind of relationships, *Above Ourselves*, the people would take a spiritual flight to connect to the Krishna consciousness. The Lord is basically the Supreme and All powerful and One. It is said that the Supreme Lord Is One and is discovered distinctively across diverse and various cultures. Therefore one must not compare and contrast with different God's but one must selflessly surrender to One God and it can connect to vibrant spectrums of inner strength and vitality.

When mantra meditation takes its source, one must be tuned into different frequencies of synchronisation of the spiritual avatar. This unknown force would help the beloved being to free all anxiety, stresses and worries. It enables a higher level of the purpose of creativity and inventiveness that provides a domain of deeper insights. It also gives birth a sense of calmness, peace and greater strength of fortitude and firmness of purpose.

Sometimes mind acts like a jumping monkey that encapsulates from one thought to another. Our unsteady minds need to be controlled. Meditation is that disciplinary key to controlling our mind. Right guidance, training and counselling can diligently curb the restless mind at regular intervals. Gaur Gopal Das gave the term "*relationship-strengthening emotion*" (59) for practising meditation that helps us to imbibe strength in our relationships.

One can also get a clear-cut reference of the mind from *The Bhagavad Gita* (VI, vi)

For those who have conquered the mind, it is their friend. For those who have failed it to do so, the mind works like an enemy.

Thus, through Gaur Gopal Das' 'Wheel of Personal Life' in *Life's Amazing Secrets: How to Find Balance and Purpose in Your Life*, one cannot make an appointment with a disappointment. Every fibre of his words provides a wide range of spectrum that can only be understood if one is to visualise it in the eyes of spiritual lenses. It encompasses a whole lot of spiritual – mental intricacies of diverse relationships, God or supernatural element being the centrifugal force. The domain of discussion is very significant and apt to incorporate in the field of my research.

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